GOOD NEWS FOR HOMEMAKERS

by Shirley W. Walton
Extension Agent

Conserving Fuel in Food Preparation

How well are you coping with all of the crisis affecting the family food supply?

Just as you've learned to substitute less tender cuts of meat and mature beans and peas which require a good bit of cooking for more expensive cuts of meat with shorter cooking times, you are told that you need to use less fuel for cooking. So what are you to do?

If money is limited, you don't have a choice. Saving fuel does not make more money available for food. In fact, the increasing cost of fuels of all kinds may mean that less money is available. And food is the fuel source for humans. So continue to stretch the food dollar. At least the moisture and heat which escape as by-products of food preparation help with heating in the winter months.

'You can maximize the use of cooking appliances. If you're heating the oven to cook a roast, plan to cook vegetables in the oven as well. Carrots, potatoes (sweet and white), onions, turnips, and apples can be cooked in the same pan with the roast. Add to the roast so that all will finish cooking at the same time.

Or prepare fresh, frozen or canned vegetables as you would for top-of-the-range cooking but put in a covered baking dish and place in the oven. It will take longer for vegetables to cook in the oven -- approximately an hour in a 350°F. oven for frozen vegetables to thaw and reach the just-done stage.

Cakes, cookies, rolls, or other baked items can also be included in the oven meal. If baking temperatures are different then time these to bake at the beginning or end of the oven heating period.

Many items such as meats and vegetables can be started in a cold oven. The cooking time may be slightly longer but the end product will be quite satisfactory. Preheating is necessary for baking breads, cakes, pies and cookies.

Note how long it takes the oven to preheat to various temperatures. Do any needed rearrangement of oven racks before preheating. Resist the temptation to open the oven door frequently to check on progress.

Foods from the freezer to be cooked or heated should be thawed first to shorten the cooking time. But to be sure to thaw in a way that insures the safety and quality of the product. Thawing in the refrigerator is the preferred method. And you'll get a bonus as the cold dispersed from the food will help to keep the refrigerator cold.

It does take fuel to operate a freezer, but the convenience of being able to buy in advance should save fuel and time for shopping trips.

Homemakers' HInt

Spray your pot holders with starch. They will stay clean longer and grease stains will not Spray your pot holders with starch. They will stay clean longer and grease stains will not soak in as readily.

RECIPE OF THE WEEK

Apricot Delight

2 boxes apricot jello
2 cups hot water
2 cups cold water
2 bananas (sliced)
2 cups minature marshmallows
1 #2 can crused pineapple (drained)

Mix jello, hot water and then cold water. Let jell slightly. Add bananas, marshmallows and pineapple. Let jell until firm.

TOPPING
1/2 cup pineapple juice(use from crushed pineapple), 3/4 cup sugar, 2 tablespoons flour
1 egg beaten
1 - 3 ounce pkg. cream cheese
1 pkg. Dream Whip
1 can angel flake coconut

Mix sugar, flour, and pineapple juice and beaten egg. Cook till thick and add cheese. Stir till smooth - - let cool. Mix 1 pkg. Dream Whip as on box directions and fold into mixture. Spread this over jello mix and sprinkle coconut over the top. Let chill.

Meeting with a representative of Ambassadors For Friendship, Dick Lovell of New York, second from the left above, on Wednesday of last week were Mayor Henry B. Pack, left above, and Rev. J. J. Bowman, interim pastor of Liberty Baptist Church; and Mrs. J. Franklin Vaughan, on the right, Director of the Liberty Youth Singers.

Mr. Lovell Discusses Poland Tour With Liberty Youth Singers

On last Wednesday evening, the Liberty Youth Singers, their parents and friends, and their director, Mrs. J. Franklin Vaughan, met with a representative of the Ambassadors For Friendship. The representative, Mr. Dick Lovell, was welcomed to our community by Mayor Henry Pack, Rev. J. J. Bowman, interim pastor of Liberty Baptist Church; and the Poland Concert Tour Committee of the church.

Mr. Lovell informed the director that in each town and at each concert she would be presented with a bouquet, a key to the city or some other gift of welcome from Polish Officials. She in turn will present a good will gift to them donated by our town and an official letter of greeting from Mayor Pack.

The Singers were informed that a favorite breakfast of the Polish people would be an egg omelet made with dried carrots and peas. They were also informed that the Polish people would go to every extreme to make them welcome and comfortable. After each concert they are expected to be greeted with embraces and requests for autographs. They will sing in indoor concert halls and outdoor arenas as well as in cathedrals and temples. The priest of the country are arranging for the singers to spend one night in the home of a Polish family. When they leave this residence the family will give to the singers a treasured possession that they may have worked many years to obtain. The singers will leave a gift with the Polish family at their departure to show their love and friendship and concern.

Many customs and ways of life will be experienced by the singers as they travel approximately 2,000 miles within the country of Poland.

This is the first time Americans have been invited to Poland and the Ambassadors organization is predicting royal treatment.

Pioneering as Ambassadors For Friendship from the United States, as singers from Appomattox County, and as Christian young people from Liberty Baptist Church, will be a teasured privilege, a fantastic opportunity, an unequaled cultural experience and an exceptional education exchange.

The Singers will use for their repertaire, spirituals, youth folk tunes, American pop and show tunes. Approximately fifty are planning to make the concert tour.

Friendship is the message - - music is the medium.

By Mrs. J. Franklin Vaughan, Director

Supper & Show Saturday At Madison Clubhouse

You are all invited to a good time at the Madison District Clubhouse (on Route 47 between Cullen and Madisonville). Saturday, April 27, from 6 to 8 p.m. we will serve turkey dinner with dressing, gravy, candied sweet potatoes, congealed salad, coffee and tea - for only $2.00. Bring the whole family! There will also be a children's plate for $1.00 and a hot dog plate for 75 cents.

We will have a short "dramatic performance" at 7 p.m. We have all the necessary ingredients for a memorable show: the little old ladies of the Benevolent Society; an evil villian; a travelling salesman; a family of hillbillies which includes the lovely and innocent Little Nell, and of course, the hero who arrives in the nick of time. We will also award a few door prizes.

The money raised will go to the Centenary United Methodist Building Fund. We guarantee good food, good friends and a good time. If you wish to reserve plates, call 542-5207 or 248-5758 one evening soon.

Speech & Hearing Clinic - April 28

Auction Sale S...

George's Auction Service scheduled a public auction Saturday, April 27, 1... beginning at 11:30 a.m. ... location of the sale will be ... South Church Street, ... from Liberty Baptist Church.

Many valuable antiques ... be offered for sale.

Lunch will be available at ... site of the sale. For further information contact M... Mays or George's Auction Service.

Big Horn Markets, Inc.
Concord, Virginia

Chuck Steaks 89¢ lb.
Bacon Valleydale 89...
Chuck Roast lb. 89...
Whole Hams Valleydale lb. 79...
Pepsi-Colas 8 16 Oz. Bot Plus Deposit 95...
Lettuce Large Head 29¢
Oranges 5 Lb. Bag 69¢
Dulany Fordhook Limas or Broccoli Spears 3...
Eggs Medium Doz. 55...
Potted Meat Armour 3 Oz. Cans 5 for $1.00
Mayonnaise Kraft - Qt. 89...
Plain or Iodinized Morton's Salt 2 for 25¢
Peaches Campobello 2½ Size 3...
Corn Meal Martha White 5 lb. bag 79¢
Niblet Green Giant - Golden 4...
Orange Juice Kraft Pure ½ Gal. 73¢
Flour Martha White— Plain or Self Rising — 5 Lb. Bag 99...

VOTE FOR

☒ RONALD C. SPIGGLE

I wish to make a brief statement to all my friends and fellow citizens of the town of Appomattox. On May 7 we will be electing six people to the Town Council - - I am hoping that you will elect me to one of those seats for several reasons, the chief one being that I was born and have lived and worked here most of my life. I am very much concerned with the present conditions, as well as the future growth and development of our town.

Our fast growing town need not outgrow its citizens. At times a community will mushroom too fast and in doing so will tend to overlook the average citizen and small businessman. You and I want our voices heard in the decision-making that will affect us.

I firmly believe that the voice of all the people should be heard regarding major decisions that are made by the town council. Therefore, may I suggest that an agenda of the town council meetings should be published at least seven days in advance of a meeting and controversial matters should be discussed at public hearings BEFORE council members vote. In this way council members can hear the "voice of the people" and better serve the citizens of our town.

If you elect me to town council, I will honestly do my best to serve the citizens of our town with integrity. Your support will be greatly appreciated.

Ronald C. Spiggle

☒ JOHN D. (DANNY) SIMPSON, JR.

I am pleased to offer my services to the people of the Town of Appomattox as a candidate for a seat on the Town Council. I was born and raised in Prince Edward County. I have been a resident of Appomattox for the last nine years and my interests as a deeply concerned citizen and taxpayer are here.

I feel that I am qualified to understand the difficulties that this Town will face and is facing at the present time in expanding our water and sewage facilities. I am concerned about the condition of our streets and railroad crossings.

I wish to set out at this point that I am not in direct opposition to any of the incumbent candidates and that I have no personal feelings against any members of our town government. I am, however, worried about the many problems yet unsolved, the facilities to accommodate the annexed areas, the streets, the services our citizens require, and the many, many other problems our Town faces in the near future.

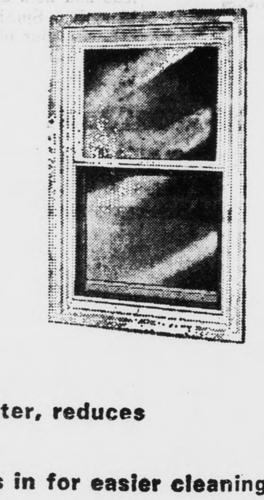
I consider it my duty to offer my services to our Town and I respectfully request your advice and opinions concerning Appomattox and its governmental operations. Your vote on Tuesday, May 7, 1974 will be greatly appreciated.

John D. [Danny] Simpson, Jr.

FOR
APPOMATTOX TOWN COUNCIL

NU·SASH

Special OFF-SEASON OFFER!



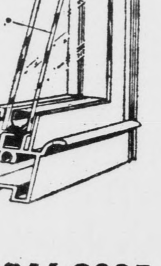
FUEL SHORTAGE! Save money and fuel with Nu-Sash. No drafts...cuts down heat loss and keeps you cozy.

•Eliminates costly heat loss in winter, reduces drafts, dirt and outside noise
•Never needs paint or putty—tilts in for easier cleaning
•Installs in minutes with no mess ... no fuss

Now is the time to replace your old, drafty windows with Nu-Sash. Winter is here. Let Nu-Sash aluminum replacement windows weatherproof your windows today. Each window is custom-made and installed in minutes, and helps prevent heat loss by reducing drafts. Available in white and bronze finishes to replace all styles of windows, even steel casements.

INSULATING GLASS on each window only $20 per window

Now! For a limited time ... for only $10 per window, you can complete the protection of your home against the weather with insulating glass. Nu-Sash insulating glass puts two panes of glass, and a cushion of dead air, between you and the outside. This dead air space is a most effective insulation that helps keep your home cozy in winter, and cool in summer.



No matter where you live, Nu-Sash will come to you!

Mail the coupon for the full story!

CALL: 846-8225

Nu-Sash of Virginia
1119-A Main St.—P.O. Box 102
Madison Heights, Va.
☐ I would like free literature at no obligation.
☐ I would like a free estimate—no obligation.
Name______
Address______ Phone______
City______ State______ Zip______

...PORTS

...iders Beat ...aunton River ...6

...Appomattox Raiders ...eir first baseball game of ...son last Tuesday as they ...taunton River 12 - 6 in a ...le District game at ...attox. The Raiders had ...ree. Staunton River still ...won a game.

...en Coleman, Joe John... ...d Hal Smith accounted ...ll the runs batted in for the ...s and had six of the ...eight hits. Coleman had ...hits in four trips, drove in ...runs and scored two. ...had two hits, including ...run, scored twice and ...in four runs and Smith ...three RBI's with one hit. ...Doss was the winning ...as he allowed SR eight ...

...ell led SR with two hits ...red two runs.

...Raiders led 12 - 3 after ...ing and then coasted to ...as SR got their other ...late in the game.

...030 001 2 - 6 8
...442 200 x - 12 8

...son Rallies ...Beat Raiders ...5

...Nelson County baseball ...ook advantage of six ...attox errors and came ...behind last Thursday to ...e Raiders 13 - 5 in a ...le District baseball ...layed at Appomattox.

...scored once in the top ...first and the Raiders ...with four in their half ...1 lead. Nelson got ...run in the second to ...4 - 2 and in the fourth ...ored three to take the ...5-4 and keep it. They ...out 16 hits as 11 of their ...came in the last four ...

...dd led Nelson with four ...and five other players had ...hits each for the winners. ...player had more than one ...for Appomattox.

...son 110 323 3 - 13 16 1
...po 400 001 0 - 5 6 6

...aiderettes ...eat SR ...6 - 9

The Appomattox Raiderettes ...t on a spree Tuesday by pounding out 49 hits and beat the Staunton River girls 46 - 9 in a girls Seminole District softball game played at SR. The victory give the Raiderettes a 4-0 record so far this year.

The Raiderettes led 18-1 after four innings and continued to score at will as they scored 28 runs in the last three innings, capped by a 17 run seventh inning in which 23 batters batted.

Mary Louise McCraw led the Raiderettes with seven hits in nine trips and scored five runs. Mary Jane Smith, Rita Inge and D. Lewis had six hits each. Two others had four hits, and three others had at least three hits.

Staunton River was led by M. Haskins with three hits and J. Fountz with two.

Appo. 465 365(17) - 46 49 9
SR 001 042 2 - 9 9 6

Raiderettes Beat Nelson 14 - 8

The Appomattox Raiderettes scored in only two innings, but they scored seven in each of those, to beat the Nelson County girls 14 - 8 in a girls softball game last Wednesday at Nelson. The Raiderettes are now 5 - 0 in the Seminole District.

The Raiderettes scored seven runs in the second and seven in the sixth on their way to victory. Mary Jane Smith and B. Morris led the Raiderettes with two hits each as every member of the team scored at least one run.

D. Ferguson had three and K. Friend and J. Jenkins had two hits each to lead Nelson.

One of Smith's hits was a bases loaded home run.

Appo. 070 0070 - 14 10 8
Nelson 110 0213 8 11 10

Raiderettes Nip WC 13 - 10

The Appomattox Raiderettes got off to a 10-5 lead after three innings and went on the hold off some rallies and beat William Campbell 13-10 in a girls Seminole District softball at Appomattox last week. The Raiderettes are now 6-0 in the league so far this year.

Appomattox scored in every inning, but built up the early lead and held on for the win. Mary Jane Smith led Appomattox with four hits, including a solo homer in the second. N. Chambers had three hits and Mary Louise McCraw and T. Smith each had two hits for the winners. One of McCraw's hits was a home run also.

C. Mann led W.C. with three hits and C. Scott and C. Adams each had two hits.

				R	H	E
Wm. C.	140	0131	-	10	11	6
Appo.	442	111x	-	13	16	7

FRCC Golf Tourney Winners Announced

The annual Falling River Country Club Member-Member Golf Tourney was held the past week end with forty-two teams beginning play on Saturday, an 18-hole event to determine flights and starting times.

The 18-hole tournament was actually played on Sunday and included a Championship Flight, First Flight, Second Flight and Third Flight.

Shown above are the winners in the tournament played on Sunday. Winners in the Championship Flight were Keith Ferguson and Jerry Conner posting a score of 74 for the 18 holes of play; 1st runner up, T. T. Martin, Sr. and James Paulette with a score of 76; and 2nd runner up, Wayne Brown and Richard Hawkins with a score of 77 for the day. In the first flight, winners were Ray West and Hight Dodson with a score of 79; 1st runner up, Bill Matherly and John Rothgeb with a score of 80; and 2nd runner up, Jimmy Moore and Sammy Carter with a posted score of 81 for the 18 holes of play. In the Second Flight, winners were Ralph Harris and T. M. Cunningham with a score of 80 for the 18 holes; 1st runner up, Billy Conner and Ned Hancock with a score of 84; and 2nd runner up, W. W. Blythe and W. P. Geisler with a score of 87. In the Third Flight, winners were Tom Roberts and T. H. Roberts with a score of 85; 1st runner up, C. C. Poe and Wayne Lee with a score of 87; and 2nd runner up, Mike Torrence and Ken Ferguson with an 18-hole score of 88.

Trophies were awarded to all winners in each of the four flights.

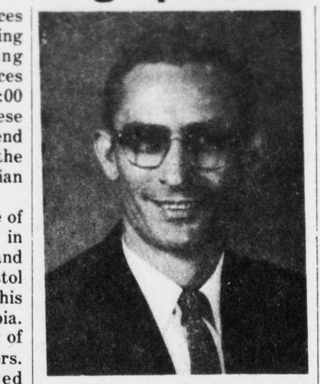
Clarence Smith received an award for his drive that was closest to the Pin on Hole #3 on Saturday and David Drinkard received an award for his drive that was closest to the Pin on Hole #3 on Sunday. Receiving an award for the longest drive in fairway on Hole #1 on Saturday was James Paulette and for the longest drive in fairway on Hole #1 on Sunday was John Rothgeb.

Birthdays

Richard Jones....May 1
Billy Harvey....May 2
Angela Ferguson....May 4
Annie Roach....May 5
Donald Ferguson....May 6
Estelle Roach....May 7
Virginia Elder....May 10
Alfred Almond....May 10
William C. Hubbard....May 11
William Ranson....May 14
Frank Roy Ranson....May 14
Emma Nash....May 15
Nellie Roach....May 15
Ted Almond....May 15
Harry Almond....May 15
Relia Hinsuan....May 16
Sandra McIntosh....May 16
Earl Clapp....May 18
Henry Richardson....May 21
Elsie Lucado....May 21
Mae Foster....May 21
Glen McIntosh....May 22
Ruth Caldwell....May 26
Sarah C. Vaughan....May 30
Sally Evans....May 31

WANTED:
125 Blood Donors
Tuesday, April 30, 1974
Liberty Baptist Church

Revival At Hixsburg April 28 — May 3rd



Walkers Church announces their Spring Revival, starting April 28 and continuing through May the 3rd. Services will start each evening at 8:00 p.m. The Evangelist for these services will be the Reverend Bert Edwards, pastor of the Kings Memorial Presbyterian Church of Bristol, Virginia.

Mr. Edwards is a graduate of both Lees McRay College in Banner Elk, North Carolina and of King College in Bristol Tennessee and received his Theological work at Columbia. He is married and the father of one son and three daughters. Mr. Edwards has served churches in Tazwell County, Virginia before going to his present pastorate in Bristol where he has eight years.

Mr. Edwards prior to going into the ministry included service in the Navy during World War II and working as an electrican for a coal company. His first pastorate in Tazwell Ridge Virginia was to his own church which he had served as both deacon and elder.

The Walkers Presbyterian Church has planned a covered dish supper as a "kick off and get to know your Evangelist" time. It will be at the church on Sunday evening the 28th.

Special music by area groups are area soloist will be featured each evening along with a hymn sing period prior to the preaching service. The following guest will sing: Sunday, Mrs. Ann Reynolds; Monday, Mr. John Hall; Tuesday, The Walkers Choir; Wednesday, Mrs. Betty Rhodenizer; Thursday, Elon Baptist Church Junior Choir; Friday, The Choir of Appomattox Court House Presbyterian Church.

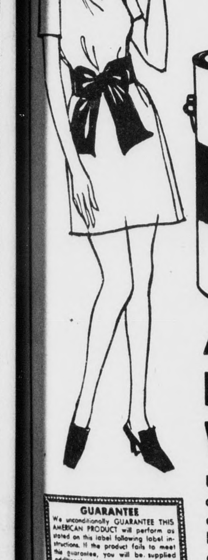
The pastor of the church, The Reverend Cecil V. Dalton, invites every one to come and hear Mr. Edwards and to enjoy the fellowship during this revival. The Walkers Presbyterian Church is located in the Hixburg community of Appomattox County, follow 460 east to State Route 633, turn left, travel 5 miles, the church is at your left if you are traveling from Appomattox, if you are traveling west on 460 turn right on Route 600 at Pamplin and travel 9 miles.

1974 Piedmont Babe Ruth Baseball Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
May 6 Braves at Cardinals Yankees at Red Sox	May 7 Cardinals at Athletics	May 8 Yankees at Braves	May 9 Athletics at Red Sox
May 13 Red Sox at Braves Athletics at Yankees	May 14 Cardinals at Red Sox	May 15 Athletics at Braves	May 16 Cardinals at Yankees
May 2 Cardinals at Braves Red Sox at Yankees	May 21 Braves at Athletics	May 22 Yankees at Cardinals	May 23 Red Sox at Athletics
May 27 Braves at Yankees Red Sox at Cardinals	May 28 Yankees at Athletics	May 29 Athletics at Cardinals	May 30 Braves at Red Sox
June 3 Braves at Cardinals Yankees at Red Sox	June 4 Cardinals at Athletics	June 5 Yankees at Braves	June 6 Athletics at Red Sox
June 10 Red Sox at Braves Athletics at Yankees	June 11 Cardinals at Red Sox	June 12 Athletics at Braves	JUne 13 Cardinals at Yankees
June 17 Cardinals at Braves Red Sox at Yankees	June 18 Braves at Athletics	June 19 Yankees at Cardinals	June 20 Red Sox at Athletics
June 24 Braves at Yankees Red Sox at Cardinals	June 25 Yankees at Athletics	June 26 Athletics at Cardinals	June 27 Braves at Red Sox

Rustburg teams-Braves and Cardinals: Appomattox Teams: Yankees, Red Sox and Athletics.

LATEX PAINT SALE!
Thru April



Our Good Quality
Big-A Brite White Latex Wall Paint
Budget saver that brightens walls, ceilings • Spreads creamy smooth • Tools clean up in soapy water.
$3.59 GAL. REG. $3.98

Our Better Quality
American Latex Flat Wall Paint
Get dazzling beauty with brush or roller • Smooths on easily to an even coat • Dries fast • Tools clean up in soapy water.
$4.39 GAL. REG. $4.98

American Best Quality
Interior Latex Wall Decoration
Unconditionally guaranteed • One coat covers most colors • Non-yellowing • Choice of 680 decorator colors • Touch dries in 1 hour • Tools wash up in soapy water.
$7.45 GAL. REG. $8.29

Poe Hdwe. Co., Inc.
CHURCH STREET APPOMATTOX, VA.

Week End Specials
5 Pc. Dinette Set
Table: 36 x 48 - 4 Chairs - Colors: Yellow, Green, Beige

5 Pc. Only $49.95
Also 7 Pc. Set $74.95
Closed Wednesday at 12 noon - Open Friday until 8 p. m.
Best Furniture Company
Rt. 460 1 mile east of Appomattox, Virginia